



Success Stories

Healthy Living Matters. Prevention Works.

Making the Connection

VETERAN KENNETH TRIPP SAYS HIS STORY IS NOT ONE OF SUCCESS, BUT RATHER A WORK IN PROGRESS...A LIFESTYLE CHANGE HE CAN MAINTAIN.

Connected by a close friend, Kenneth worked with the MOVE! team at the Frank M. Tejada VA Outpatient Clinic in San Antonio, TX, to lose weight and improve his health.



Finding His Way to MOVE!

Kenneth had struggled with his weight for about twenty years. Discouraged by what he called “yo-yoing up and down,” he felt that trying to manage his weight was a “waste of time.” When his closest friend told him about the Healthy Teaching Kitchen offered at his care facility, he went. Dietitian Tamara Sugarek then suggested that he give the MOVE! Weight Management Program for Veterans a try. Kenneth started MOVE! in January 2021, putting aside his skepticism and choosing to “give it an honest effort.”

Building a Foundation

After joining MOVE!, Kenneth began working with MOVE! dietitian, Jennifer Lakner. Jennifer helped Kenneth identify his goals for weight management and for improving his health and the two worked together to build a plan that worked for him. With a new sense of direction and the tools he needed to set his course, Kenneth began to develop healthy habits and a healthy lifestyle.

Working Together

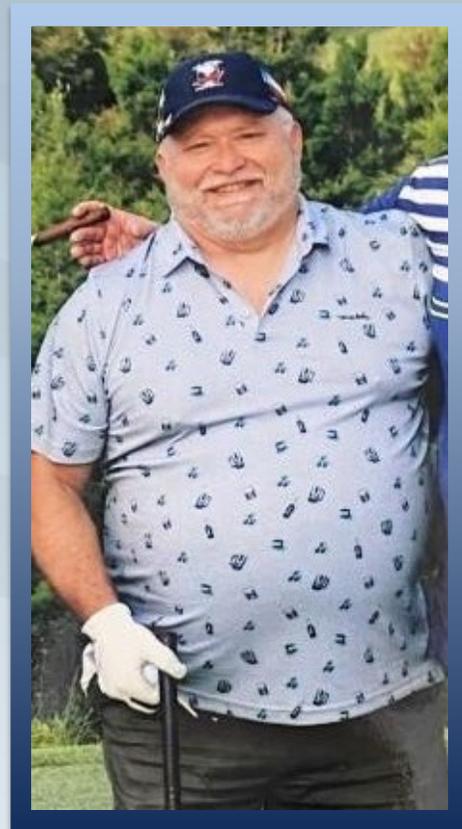
To his surprise, Kenneth found that he enjoyed attending MOVE! group sessions with his fellow Veterans. The sense of camaraderie and community that the group structure provided helped Kenneth stay motivated. "We all had the same problems and goals," he explains. In addition to the work he did in the group setting, Kenneth says the one-on-one sessions with his MOVE! team helped him maintain his healthy changes.

Not a Waste of Time After All

Kenneth shares that MOVE! helped him succeed in part because it "provided accountability as well as nutritional guidance." The guidance worked well for Kenneth, he says, because it "didn't seem like a diet."

“ I can't speak highly enough about MOVE!. The staff are genuinely caring professionals.”

– Kenneth Tripp



Many Benefits From MOVE!

With MOVE!, Kenneth has lost about 100 pounds and 12 inches from his waistline! Because of his weight loss, he says, "My self-esteem is high, I am able to walk longer without back pain and my mental health has improved also."